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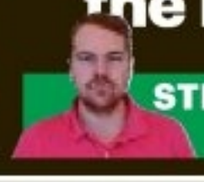

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BAY-WATCHING

Chief Bob Chamberlain, David Suzuki, Alexandra Morton, Chief Ernie Crey and Pamela Anderson aboard the Sea Shepherd Conservation Society's research yacht in Vancouver. DAVID P. BALL/METRO

Overdose spike raises calls for action

SURREY

Weekend cases linked to crack cocaine tainted with fentanyl

Wanyee Li
Metro | Vancouver

There have been 43 reported overdoses in the past three days in Surrey according to Fraser Health, prompting officials and politicians to call for more measures to fight the growing number of drug-related deaths in the province.

Fraser Health Authority announced Monday it will continue its strategy, which it launched in the fall, to combat overdoses and drug-related deaths in the region. The plan includes setting up a supervised-consumption site, like a supervised-injection site, in Surrey and distributing more take-home antidote kits in the form of naloxone.

Many of the cases from the weekend appeared to be related to crack cocaine that was contaminated with fentanyl, or fentanyl-like substances, said chief medical officer Dr. Victoria Lee.

About 60 per cent of overdose deaths in B.C. from January to May were fentanyl-related, according to records from the B.C. Coroners Services. There have been 371 drug-related deaths in the province so far this year.

In response to the dramatic increase, Lee said Fraser Health is in the process of applying to Ottawa for permission to set up a supervised consumption site, like Vancouver's Insite, in the region.

"We would like to see supervised consumption services integrated in our communities as soon as possible."

Fraser Health is aiming to integrate those supervised drug sites into existing health services sites like hospitals and clinics to ensure users have access to medical care as well.

"It should just be like any other health services that we provide, ideally," said Lee.

But B.C.'s medical health officer says while public perception about addiction has changed for the better since the '90s, more needs to be done to help people understand addiction to drugs is not a crime.

"Everybody who has a problem like (addiction) … they're somebody's mother, brother, sister, or God forbid, somebody's children," said Dr. Perry Kendall.

"We're talking about people here."

Kendall emphasized that while trying drugs may start as a lifestyle choice, becoming addicted is not a moral failure.

"Addicted smokers are not criminals. Alcoholics are not criminals. People who get addicted to drugs aren't criminals either."

A local Liberal MP echoed Kendall's comments Monday afternoon.

"We have now reached a point of understanding where addiction must be considered as an illness, and treated accordingly," said Sukh Dhaliwal, MP for Newton-North Delta, in a release.

Dhaliwal called for an emergency summit from all levels of government to address the growing crisis.

PLANS

Fraser Health's strategy to fight overdose deaths

- Set up supervised injection/consumption sites
- Make naloxone more accessible
- Educate people about dangers of drugs
- Engage community on overdose response and prevention
- Make substitution therapies like suboxone more accessible

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Walmart gives Visa the boot in Thunder Bay. **Business**

‘We’ll use every means we can’

TSILHQOT’IN

First Nation may use blockades to protect burial site

Xeni Gwet’in Chief Roger William holds a copy of the government’s apology during a ceremony in Quesnel on Oct. 26, 2014, to commemorate the 150th anniversary of six First Nation chiefs being hung to death. JONATHAN HAYWARD/THE CANADIAN PRESS

Members of a British Columbia First Nation are remembering a warrior chief who was wrongfully hanged 151 years ago and say they won’t allow another injustice to be done to their ancestor.

The First Nation says a service was held Monday at the site of a high school in New Westminster which was built atop a former cemetery where the remains of Tsilhqot’in war Chief Ahan may have been buried after he was executed on July 18, 1865.

Joe Alphonse, tribal chairman of the Tsilhqot’in national government, said four of six chiefs attended the ceremony and that members smudged the grounds, made a tobacco offering and drummed songs to pay tribute to Ahan.

Alphonse said there are no records to indicate that the warrior’s remains were taken to the cemetery after originally being buried at a courthouse square in the city.

However, he said the First Nation will fight to preserve Ahan’s remains even if there is “a one-per cent chance” that they’re at the school site.

Construction to replace the run-down school built in 1949 is slated to begin next year elsewhere on the same property, and Education Minister Mike Bernier said an archeologist will ensure that any artifacts are appropriately recorded.

Bernier has said the school was built “in the wrong place” and that constructing a new school will fix that problem.

Alphonse wants protocols in place about the proper handling of any bones that could be found and warned the First Nation would mount blockades or file a court challenge to stop construction if necessary.

“All we’ve ever asked for from the New Westminster School Board is, in the event that you run into some bones, do the honourable thing. Do a DNA sample and let us know if that’s him. They refused to do that so we’re not going to run that risk. So we’ll shut it down. We’ll use every means we can.”

The board couldn’t be reached for comment, but says on its website that it plans to use non-intrusive means, such as ground penetrating radar, to find out more about the school property before soil investigations that are scheduled for next month.

“Those activities are important for proper project planning and respecting the heritage of the site,” it says.

Premier Christy Clark apologized nearly two years ago for the hanging of Ahan and five other chiefs in Quesnel in 1864 during a bloody dispute known as the Chilcotin War.

The chiefs were hanged after 19 people were killed in a dispute over the construction of a road through Tsilhqot’in territory.

The government militia couldn't capture the chiefs, but they were lured out of hiding when they received overtures to speak with the government.

They were arrested and tried for murder. The road was never built.

The cemetery at the school site was also the final resting place for Chinese pioneers, and members of the Chinese community in New Westminster joined First Nations groups against the construction of a new school on the same spot.

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Pokémon Go is good for business

CULTURE

Shops set up lures to draw in customers

Jen St. Denis
Metro | Vancouver

Vancouver residents have taken to the streets to hunt for Pokémon, and some businesses are catching more customers by paying extra to lure the virtual reality creatures into their shops.

Pokémon Go players are taking the bait, said Jason Kapalka, the owner of Storm Crow Tavern in Vancouver

"It's pretty close to our target market of gamers and geeks," Kapalka said. "We were doing a Pokébrunch on the weekend where (our staff) were putting out lures."

> **It's pretty close to our target market of gamers and geeks.**
> Jason Kapalka

The self-described "nerd bar" is a hangout for gamers and sci-fi and fantasy fans, and had already been marked as a Pokéstop, a designated game location. Kapalka decided to spend around $30 to buy more lures, location-specific virtual widgets that increase the chance of finding Pokémon. The lures expire after 30 minutes.

"As a business expense it's pretty minimal," Kapalka said.

Enroot, a Vancouver food delivery business, spent around $35 on lures, placed them in Olympic Village last week and then stationed staff there to hand out discount coupons for the delivery service. The gambit has already paid off, said Simon Devenish, Enroot's chief technology officer.

"We did it from 5:30 to around 9 p.m. and we had around 400 people cycle through," said Devenish, who was already a fan of a similar augmented reality game called Ingress.

The exposure translated to several food orders being made on the spot, while many of the coupons Enroot handed out were redeemed in the days following the promotion. The company is planning to continue the strategy over the next few weeks.

Meanwhile, the organizer of an upcoming youth coding event is promising to spend $1,000 on lures to attract people to the TUCY Game Jam in North Vancouver.

Storm Crow Tavern sous-chef Erik Holtom puts the finishing touches on a sign advertising that there are Pokémon to be caught inside the pub. JEN ST. DENIS/METRO

While legitimate businesses are using lures to attract gamers, there have been reports of people setting lures and then robbing gameplayers. The Vancouver Police Department have warned it is easy for strangers to know where Pokémon Go players are gathering and have advised playing in a group.

"It's only a matter of time before you start hearing creepy stories," Kapalka said.

"But we're public and it's quite safe."

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EDUCATION

Province hires adviser to audit and review Vancouver board

The British Columbia government has hired a special adviser to lead a forensic audit and full review of the Vancouver School Board.

Education Minister Mike Bernier says the government hired Peter Milburn, a recently retired deputy minister of finance, after trustees failed to pass a balanced budget last month.

School trustees rejected a plan proposed by the province to help the board address its $21.8-million budget shortfall and then it failed to submit a balanced budget by a June 30 deadline.

The Ministry of Education had proposed the sale of some school board property to help it reach its budget goals, but board chair Mike Lombardi said that the sale didn't offer adequate, stable or predictable funding.

School districts in the province are required by law to pass balance budgets and the Vancouver board is the only one that didn't meet that requirement this year.

The forensic review and audit are due back to the Ministry of Education by Sept. 30.

Bernier said that close to half a billion dollars is invested in the Vancouver School Board and that money needs to be going to services that directly support students.

"This refusal to follow the School Act and pass a balanced budget to stop cuts while at the same time claiming that staff are implementing cuts is confusing for parents and students," Bernier said in a statement. "Worst of all, it's part of an ongoing pattern in Vancouver where claims of budget shortfalls have preceded the board adding to its accumulated surplus almost every year."

The ministry said there are 6,500 fewer students in Vancouver than there were in 2001, a 10 per cent drop, yet funding has gone up by 20 per cent in that same period.

Lombardi has said he welcomes the audit and that the board will fully co-operate.

THE CANADIAN PRESS

> **Claims of budget shortfalls have preceded the board adding to its accumulated surplus.**
> Education Minister Mike Bernier

ECOLOGY

Biologists probe fish die-off

The Natural Resources Ministry says biologists are still trying to determine what caused the deaths of more than 1,000 kokanee in a lake in B.C.'s southern interior.

They suspect too-warm water or a viral outbreak are possible reasons for the ongoing fish die-off in Okanagan Lake.

Recent wind storms may have been a factor since storms can churn up a lake, sending warmer water deeper, and sudden changes in water temperature can be deadly to kokanee. Kokanee are a landlocked sockeye salmon and one of the most popular game fish in the province.

THE CANADIAN PRESS

Pamela Anderson, right, on board the Sea Shepherd Conservation Society's research yacht on Monday in Vancouver, alongside Alexandra Morton, David Suzuki and Kwikwasut'inuxw Haxwa'mis Chief Bob Chamberlin.

DAVID P. BALL/METRO

Fish farms under fire

ENVIRONMENTAL ACTIVISM

Anderson, Suzuki send off expedition to view industry

David P. Ball
Metro | Vancouver

It may not be Baywatch, but Pamela Anderson is watching some of B.C.'s bays — and ocean passages — much closer than many may have suspected.

On Monday, the 49-year-old actor and animal rights activist boarded a converted research yacht moored at Vancouver's Fisherman's Wharf as the boat prepared to embark on a research expedition to study the impacts of the salmon-farming industry along the province's coast.

"I was concerned about the depleting salmon for the orcas," Anderson, a Ladysmith native, explained. "I think there's a misconception that farmed salmon is saving wild populations of salmon. That's what we're trying to get across and get out there: the consumer has the power to help, and to not purchase farmed salmon. It's polluting our oceans."

The research vessel R/V Martin Sheen belongs to the Sea Shepherd Conservation Society, a controversial environmental group infamous for its aggressive tactics such as ramming whaling boats and shark finners, as featured in the reality TV show Whale Wars.

On board for what they're calling "Operation Virus Hunter" — a voyage that will follow the migration of young Fraser River Sockeye salmon to the northern end of Vancouver Island — is B.C. anti-salmon farming crusader Alexandra Morton, a marine biologist who has spent decades collecting salmon for testing in laboratories.

She alleged that a virus documented in a Marine Harvest-operated salmon farm this year — piscine reovirus — may be linked to another more fatal disease, heart and skeletal muscle inflammation (HSMI), which has devastated wild salmon populations around the world where it has surfaced.

Veteran broadcaster and environmentalist David Suzuki said that disease and pollution from aquaculture is a no-brainer, and advocated for fish farms to be forced onto land.

"As a scientist," he said aboard the R/V Martin Sheen, "it makes no sense to grow animals in open nets where you use the ocean as a s—house."

Chief Bob Chamberlin, chief councillor of the Kwikwasut'inuxw Haxwa'mis, said the First Nations of the area to be visited "welcome Alexandra to test any fish found within the traditional territories of our people, and this includes fish farms," he said. "And I challenge the Marine Harvests of the world to allow access so we can do the appropriate testing and get to the bottom of this mess.... It's time for transparency."

The salmon-farming industry, however, said the open net farms found along B.C.'s coasts are environmentally safe and have minimal impact on surrounding marine ecosystems. And they dispute any connection between piscine reovirus and HSMI.

> It makes no sense to grow animals in open nets where you use the ocean as a s---house.
> David Suzuki

TRAVEL

Artist makes it home after passport seized

A celebrated Iranian-Canadian sculptor considered one of the greatest living artists of the Middle East says he still doesn't know what prompted Iranian authorities to confiscate his passport and bar him from leaving Iran two weeks ago.

"They never told me, really," Parviz Tanavoli said minutes after emerging from the international arrivals section of the Vancouver airport on Monday afternoon.

"I've been doing this work for 50 years. I am not a political man. I just continue doing my artwork. And this artwork, it was never, ever before questioned."

Tanavoli said that on July 2, officials at Tehran's Imam Khomeini International Airport took his Iranian passport when he tried to board a flight for speaking engagements at the British Museum and Asia House in London.

He posted on Facebook that he tried unsuccessfully to resolve the issue at Iran's main passport office.

Tanavoli said last week that Iranian officials had received a complaint that his artwork was "disturbing public opinion" and "spreading lies," which he dismissed as "baseless." But after returning to Canada he said he wasn't sure the reason for his being detained.

Tanavoli's son said Iranian officials returned his father's passport several days ago, which allowed him to fly to Canada.

After learning he would be detained in the country indefinitely, Tanavoli returned to his work preparing for an upcoming exhibition in Iran.

Tanavoli said he would return to Iran, despite his mysterious detention.

"I have to go back. I will go back," he said. "I have a studio house. I have a lot of my unfinished work."

THE CANADIAN PRESS

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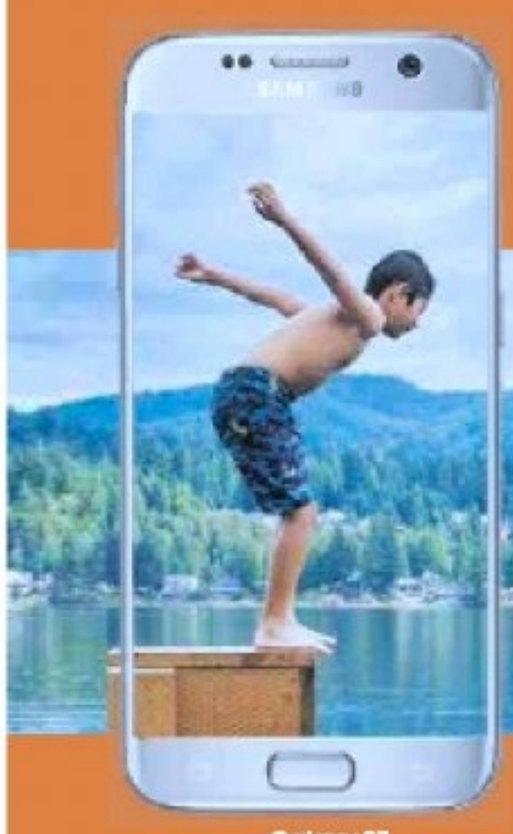

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Feds take on gender violence

WOMEN'S RIGHTS

Advocate knows how online threats can seep into real life

Julie Lalonde's advocating against gender-based harassment has led to her experiencing it online.
TORSTAR NEWS SERVICE

It's one of the central ironies of Julie Lalonde's life — an advocate for women's rights working to end gender-based violence and harassment, her work has caused her to experience much of the hate she's fighting to eradicate.

"Imagine every day you get up, and there's someone who just yells obscenities at you. You get in your car and you go to work, and while you're doing that they're yelling obscenities at you … you sit in your cubicle and they're yelling at you and the same thing happens when you walk home," Lalonde said.

But instead of being delivered in person, the obscenities and harassment she gets are mostly sent online — emails, tweets and messages telling her to kill herself, and posting her address for others to find her. Sometimes, the threats turn real as online harassers show up at her events to threaten her to her face.

Lalonde is the developer and manager of Draw the Line, a campaign focused on helping bystanders intervene when they see sexual violence. She's also known through her personal women's rights advocacy on social media.

Now, she's hoping that an announcement by Status of Women Minister Patty Hajdu that the federal government is developing a strategy to curb gender-based violence means she and women like her will see an end to harassment.

The federal government is aiming to prevent this kind of harassment happening in the future. At an event Monday, Hajdu said the government was launching consultations to develop a strategy against gender-based violence. The strategy will focus on youth and online gender-based violence.

"Although we've made progress … all of us here today know all too well that we still have a long way to go, particularly when it comes to gender equality," Hajdu said.

Hajdu also announced that funding would be restored to advocacy projects applying under the Women's Program at Status of Women Canada. Advocacy projects saw their eligibility revoked in 2007, a move that saw many women's groups shut down over lack of funding.

The consultations will continue over the summer, and see results in the form of campaigns or legislation starting late 2016 or early 2017, Hajdu said.

Lalonde hopes one of the things that comes out of the consultations is a public campaign teaching the public about the prevalence and danger of online harassment. Beyond that, she wants to see more tools to enable bystander intervention — where people support others who are being harassed.

It's the kind of thing that would take away the onus of dealing with harassment from the victims of harassment to the general public. It's something Lalonde also wishes she had.

"Why does it have to be me? Why can't I have someone supporting me," she said.

TORSTAR NEWS SERVICE

What's Pokéing around

Pokémon Go has been in Canada officially for one day, and already it's spurring people and businesses to creativity. Here's some updates on what people across the country are doing with the augmented-reality game.

metro WINNIPEG

Crafty 'Peggers are offering their Pokémon Go services to those who just don't have time to bring their Pokémon Go levels up. One Winnipegger is selling his Pokémon Go Level 21 account online for a slick $600. A few others are offering to drive Pokémon Masters around the city in an effort to catch 'em all.

metro CALGARY

Many Calgarians with keen business sense have taken to sites like Kijiji to advertise services for those looking to become top trainers overnight. For a bargain, Kyla Clarkson will keep your PoGo game strong while you're at work. She will take your Pokémon trainer out for an hourly rate and hit up as many Pokéstops as possible. METRO

EDMONTON CONNECTION

Ukrainian dead in Nice attack, but no word yet on student

The Ukrainian embassy in Ottawa says one of its citizens died in a deadly truck attack in France last week but won't confirm whether the victim is a missing student studying in Canada.

Mykhaylo (Misha) Bazelevskyy, 22, has permanent resident status in Canada, but was travelling on a Ukrainian passport. Bazelevskyy is a fourth-year bachelor of commerce student at MacEwan University in Edmonton who was in Nice participating in a summer program.

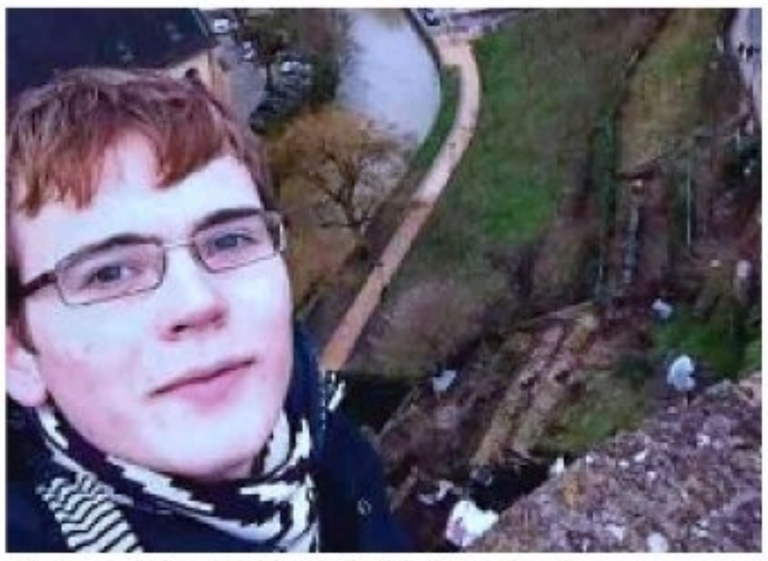
Spokesman Kostiantyn Kostenko says the embassy is still waiting for an official list of victims from French authorities.

"(When) the French authorities present an official list of victims, we'll know if this person is recognized dead or not," he said.

There are still dozens of people who haven't regained consciousness from the attack, he added. The embassy will not confirm anything as long as there is the smallest chance that Bazelevskyy is alive, he said.

"We (are) just protecting the family," Kostenko said.

Bazelevskyy was one of five students and one faculty member in Nice participating in a summer program at the European Innovation Academy. University officials say they were heading to the Promenade des Anglais to enjoy the fireworks, but inclement weather convinced three of them to turn back.



Missing student Mykhaylo (Misha) Bazelevskyy
EUROPEAN INNOVATION ACADEMY/TWITTER

Bazelevskyy and another student were on the promenade when a truck full of weapons plowed into the crowd celebrating Bastille Day last Thursday.

More than 80 people were killed in the attack. The student who was with Bazelevskyy at the time told university provost John Corlett "he was fortunate that he survived."

Students said Bazelevskyy is well-known on campus and is "the nicest guy." He has run for student council, is a member of the varsity golf team and has volunteered for college athletics programs.

Bazelevskyy's parents are in Ukraine. He also has a brother, sister-in-law and extended family in Edmonton.

THE CANADIAN PRESS

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Tensions rage in Cleveland

STEVEN GOETZ
METRO'S REPORTER IN CLEVELAND

The simmering racial and political tensions gripping the U.S. have the city of Cleveland on edge as it hosts the Republican National Convention this week. Metro was on the scene Monday as two demonstrators from the opposing camps confronted each other over a barrier formed by armoured police. Every day this week, Metro will take you behind the scenes to bring you the faces, stories and issues of the people at the convention.

CAMRY KINCAID

Cleveland native Camry Kincaid was one of the demonstrators confronted by "Brother Jim's" megaphone.

Along with a dozen others, Kincaid led a chant of "Black Lives Matter," effectively drowning out the evangelist's words.

"It felt good yelling so loud no one could hear their hate," Kincaid told Metro. "What people heard was that we matter."

Kincaid said the recent killings of unarmed black men and the murder of police officers in Baton Rouge and Dallas was a wake-up call to the deep divide in the city and country.

"I fear for my life right now, even amongst all these people and the cops here," Kincaid said. "I feel like at any minute, I could find myself with two bullets in my back."

With so much tension, Kincaid said she didn't know how the country could come together: "They are trying to incite a race war and it looks like we are headed there."

Cleveland native Camry Kincaid, 19, joined a dozen others to chant "Black Lives Matter" at a group of evangelists led by "Brother Jim." STEVEN GOETZ/FOR METRO

'BROTHER JIM' GILLES

Jim Gilles, an evangelist preacher from Evansville, Indiana, told Metro he came to Cleveland to "preach the Gospel to protestors."

Well known in evangelical circles for his confrontational tactics, "Brother Jim" took to a megaphone to preach his anti-gay and pro-law enforcement message to hundreds of anti-Trump protestors gathered in a park, just a few blocks from the convention centre.

Standing alongside a half dozen other men carrying banners depicting anti-gay messages, Gilles riled the crowd with homophobic slurs and told them to "follow police instructions" or face the consequences.

"We are a bunch of friends and we get together to preach at events," Gilles said. "We actually helped the police right there to break up a Black Lives Matter rally."

Gilles was optimistic his efforts and a new Republican president would unite the country.

"The divide ends with Donald Trump being elected and getting law and order back in this country," he said. "We just need to let these people know they can't riot, pillage, steal things, kill people without paying the consequence."

"Brother Jim" Gilles confronts anti-Trump protestors in Cleveland with his anti-gay message. STEVEN GOETZ/FOR METRO

'The world is crazy right now. It is complete chaos'

Fresh out of the police academy, Matthew Gerald was so proud to bring his cruiser home that he stood in the driveway, wiping it down under the hot Louisiana sun. His neighbour Ashley Poe watched as he flicked the blue lights on and off, on and off.

Poe and her husband shared a laugh. The 41-year-old former soldier and Marine looked like an excited kid.

"It's like living out the dream," she said.

Gerald got to live it only for a few months. He was one of three officers gunned down in an ambush Sunday in Baton Rouge, traumatizing a nation already on edge.

In the span of 10 turbulent days, 10 law enforcement officers have been killed by attackers — at a protest march in Dallas, a courthouse in Michigan and now a convenience store in Baton Rouge. Together, the shootings represent the deadliest attack on law enforcement in decades.

The officers who died Sunday all lived just outside Denham Springs, a quiet bedroom community across the Amite River from Baton Rouge, which has been in turmoil for two weeks. Tensions rose sharply after the death of Alton Sterling, a black man killed by white Baton Rouge officers after a scuffle at a convenience store. The killing was captured on cellphone video.

As the nation debates race and policing, this community is mourning three of its sons - all husbands and fathers described by friends as being committed to serving the public.

"These are our families. These are good men. They're the only line of defence between good and evil," Livingston Parish President Layton Ricks said. "We say we don't want to let this evil affect how we live our daily lives. But it does."

Gavin Long, a former Marine from Missouri dressed in black and carrying extra ammunition, opened fire on officers around 8:45 a.m. Sunday, police said.

The gunfire also killed 45-year-old Brad Garafola, an East Baton Rouge Parish sheriff's deputy and a father of four, and 32-year-old Montrell Jackson, a 10-year veteran of the Baton Rouge Police Department with a newborn baby at home.

Garafola and Gerald were white. Jackson was black, as was the gunman.

"The world is crazy right now. It is complete chaos," Jackson's sister-in-law said. "And it all needs to stop, everything. We all need peace."

Three other officers were wounded. One of them, Deputy Nicholas Tullier, remained in critical condition Monday. The gunman was killed at the scene. THE ASSOCIATED PRESS

COUP ATTEMPT

Friction with West rise as Turkey continues purge

A youth waving a Turkish flag salutes during a rally in Taksim Square in Istanbul, protesting against the attempted coup, early Tuesday. EMRAH GUREL/THE ASSOCIATED PRESS

The purging of thousands of alleged plotters of a failed coup raised tensions Monday between Turkey and the West, with U.S. and European officials urging restraint, while Ankara insisted that Washington extradite an exile accused of orchestrating the plot.

Authorities have fired nearly 9,000 police officers, bureaucrats and others, while detaining thousands more alleged to have been involved in Friday night's attempted coup, the state-run Anadolu news agency reported.

Former air force commander Akin Ozturk, alleged to be the ringleader of the uprising, was put under arrest following questioning by a magistrate along with 25 other suspects, the news agency said. Ozturk, who has denied involvement and insisted he had tried to suppress the rebellion, appeared in video from Turkish TV looking bruised with a bandage over his ear.

President Recep Tayyip Erdogan refused to rule out bringing back the death penalty, telling CNN: "There is a clear crime of treason."

"If they accept to discuss it then I as president will approve any decision that comes out of the parliament," he said. He said Turks have been calling for the reinstatement of the death penalty because of the increased terror attacks and demand for swift justice.

Anadolu said 8,777 employees attached to the Interior Ministry were dismissed, including 30 governors, 52 civil service inspectors and 16 legal advisers. Other media reports said police, military police and members of the coast guard also were removed from duty.

During the uprising by a faction of the military, warplanes fired on government buildings and tanks rolled into the streets of major cities before the rebellion was put down by forces loyal to the government.

Erdogan told CNN that he escaped death by only a few minutes before coup plotters stormed the resort in southwest Turkey where he was vacationing last weekend when the coup unfolded.

THE ASSOCIATED PRESS

IN BRIEF

French authorities paint complex picture of attacker

Authorities investigating the truck driver who killed 84 people in a Bastille Day attack painted a complex picture Monday of a man who did not seem devout but had recently become interested in jihadi violence and researched past attacks in France and the U.S. Paris prosecutor Francois Molins, who oversees terrorism investigations, said by all accounts Mohamed Lahouaiyej Bouhlel drank, ate pork and had an "unbridled sex life." But his computer and phone showed searches relating to Daesh. THE ASSOCIATED PRESS

Walmart kicks off its Visa cards ban

CREDIT CARDS

Retailer says it will extend ban to all locations across Canada

Three Walmart stores in Thunder Bay, Ont., are no longer accepting Visa, the payment company said Monday as it encouraged its customers to take their business elsewhere.

After months of negotiations, Walmart said last month it would eliminate Visa as a payment option at those stores because it believes it pays the retail giant too much in merchant fees. The company has promised to extend the ban on Visa cards to its 400 locations across Canada, though it has not said when that will happen.

Visa, Canada's largest credit card firm, shot back Monday with a message for Walmart customers.

"Until an agreement can be reached in this commercial dispute, we encourage shoppers to use their cards at the more than 5,200 stores in Thunder Bay that accept Visa," the corporation said in a statement.

"The issue is that credit card fees are too high in Canada. We believe Visa's fees should be lower for everyone, whether they are a large retailer, small retailer or a charity," said Alex Roberton, a Walmart Canada spokesman in an email.

"Canadians deserve better than paying a hidden fee that is four-times higher than consumers pay in other countries. We are taking a stand for our customers because high credit-card fees can result in increased prices."

Visa says it offered Walmart one of the lowest rates for any merchant in the country but the retailer wanted more. If it had given in, Visa said, Walmart's merchant fees would have been lower than those charged to local grocery markets, pharmacies, convenience stores, charities and schools.

A spokesman for Finance Minister Bill Morneau says he's waiting to receive a report on a 2014 voluntary 10 per cent fee reduction by Visa and MasterCard before deciding "how we can ensure this market stays competitive in the future."

THE CANADIAN PRESS

BY THE NUMBERS WHAT SHOPPERS SAY

60%
Respondents to a survey by Angus Reid Institute who said they sided with Walmart.

50%
Shoppers who said they would be less likely to shop at Walmart if Visa was no longer accepted.

VIDEO GAMES STREAMING DRIVING SALES The rise of online audiences watching video gamers stream themselves playing is driving video game sales. A study by live streaming company Twitch attributed 25 per cent of sales of recent video game releases to online broadcasts by video gamers. Many of the most popular streamers with millions of followers are now regularly paid or sponsored by game publishers, a practice that was recently investigated by the U.S. Federal Trade Commission. THE ASSOCIATED PRESS FILE

IN BRIEF

Netflix subscriber growth slowing in the U.S.
Netflix added just 160,000 U.S. subscribers from April through June — the lowest gain in five years. It blamed cancellations by subscribers facing price increases of $2 per month. THE ASSOCIATED PRESS

Fox News parent says Ailes probe not resolved
Fox News Channel's parent says there has been no resolution to its probe into network chief Roger Ailes who is accused by former anchor Gretchen Carlson of forcing her out because she refused to have sex with him. THE ASSOCIATED PRESS

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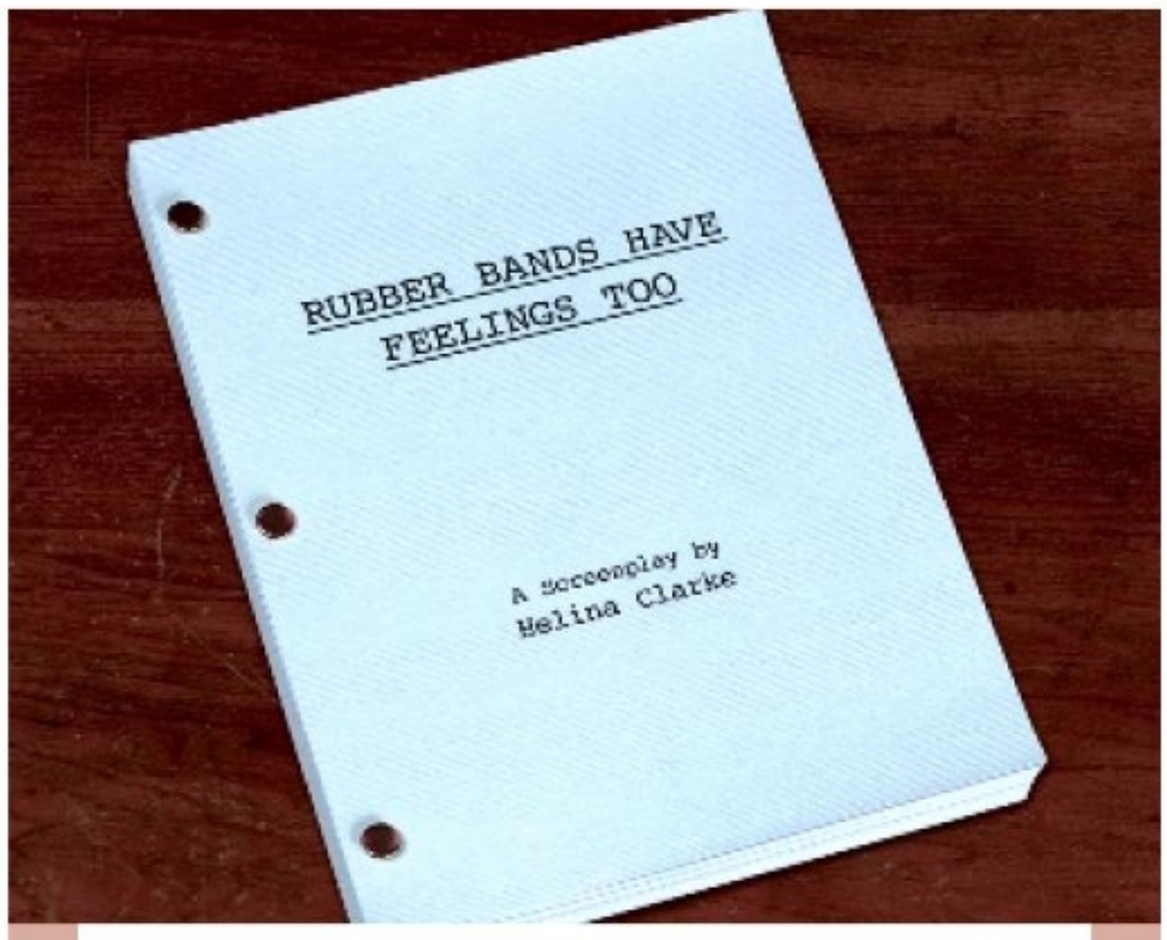

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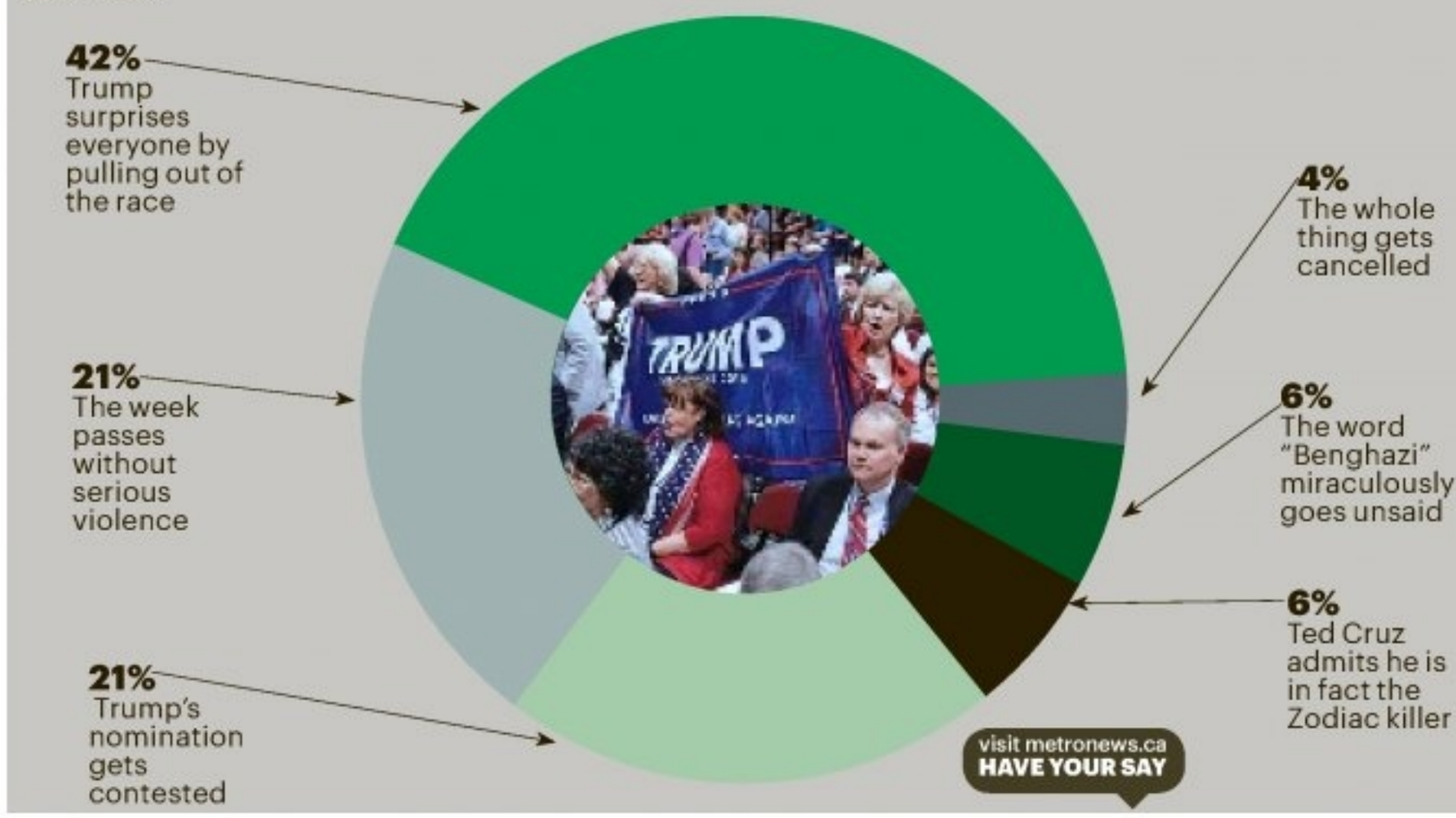
metro VIEWS
Your essential daily news
Tuesday, July 19, 2016

METRO POLL

What's the best case in Cleveland?

Republicans have gathered for the party's convention, where Donald Trump will (or at least should) get formally nominated for president and the party's platform will be unveiled. In the current climate, many are fearing the worst. But we asked you to tell us, what would the best-case scenario look like?



City moves to save bees while province dawdles

CITY HOLLER

Trish Kelly

Last week, Vancouver city council made its most recent effort to protect our bees by banning the use of neonicotinoids, a class of pesticides.

Neonics, for short, have become a lazy favourite for lawn-lovers who find themselves dealing with chafer beetles. Chafer beetles lay their eggs under pretty lawns and sport fields.

When the eggs hatch, tasty larvae emerge, and racoons and crows gleefully rip up the grass to get to these high-protein snacks. For those Vancouverites who pride themselves on a nice lawn, this an enraging bummer.

We need bees to pollinate our gardens and crops.

While safer solutions exist, many lawn-lovers rush to the garden shop and grab a bottle of neonics to seek their revenge. Neonics are not designed to hurt bees, but the pesticide weakens their immune systems and they succumb to infections — the collateral damage in our quest for a perfect lawn. It's more than just a shame that bees are dying alongside the chafer beetles, since we need these little guys to pollinate our gardens and crops.

Though the EU placed restrictions on the sale of neonics in 2014, federal agencies in Canada dawdle on, permitting the chemicals to be sold. The provincial government could step in to save the bees, but neonics are big in the Okanagan, and the province has been silent. This leaves Vancouver as a tiny, tenuous bee oasis, doing what it can with the limited power it has.

It may surprise you to know the City of Vancouver cannot ban the sale of these creepy chemicals or anything else for that matter. It's simply outside the jurisdiction of a municipal government in B.C. to ban the sale of anything.

If you read such bylaws carefully, you'll note that it is within the city's power to ban the use of pesticides, due to human health and safety concerns, and not the actual sale. So the city will send friendly notes to 600 landscape companies and garden shops and let them know that this bylaw effectively kills the legal market for neonicotinoids.

Then we'll cross our fingers.

I think it's an important distinction to point out for a couple reasons. First of all, I think the city deserves some props for the creative use of its limited powers to successfully protect us and the bees.

Secondly, perhaps better understanding what is within the city's jurisdiction and what is not can help citizens point their anger and calls for policy change at the right level of government.

The city has done what it can. Now it's time for the province to step up and ban the sale. Angry letters can be sent to Mary Polak, B.C.'s minister of the environment. Or you can sign the Suzuki Foundation's petition on their website: action2.davidsuzuki.org/neonics

Trish Kelly lives and writes in East Vancouver. Follow her on Twitter @trishkellyc

ROSEMARY WESTWOOD

A brief message from the Vancouver of the not-too-distant future

Welcome to Vancouver!

We know you'll love your new home, purchased a mere 50 per cent above last year's selling price! What a deal!

The fact that you've opted for a super-slim micro-development — utilizing that once-dead five-foot space in between houses — proves you're a perfect fit for this city of the future. A land of milk, honey, and a homogenous demographic. Quite literally a billionaire's heaven on earth.

The secret to sublime living here really isn't a secret: This city clicks because our citizens do! Everyone is cut from the same cloth — 1,400-thread-count sateen. The celestial vistas this city offers are priceless, because you can afford them! Like Whistler, but bigger. (We knew that would happen.)

It's an incredible story, but it didn't come easy. For years, Vancouver had the frenzied, messy, kaleidoscope populations so many cities suffer from. Then (by design or ignorance, we're actually not sure which) an unencumbered, globalized and predatory real estate market did what no politician could: It unified the city by throwing out the poor! And the middle-class! And the mildly wealthy! Sorry: Relocated. Someone has to serve your coffee and fill your 3rd-floor office space, we agree. You just don't have to live alongside them.

Visit the downtown eastside for a hit of urban realism without any of the actual real drug use, metal bands and street life that used to be there! No more grit, but a TON of exposed brick.

Ride the city's mountains on hover-craft skis and snowboards while your VR glasses imitate real snow!

Take a jog along the seawall and don't worry about running into kids or cumbersome strollers — most of the city's families moved out years ago (back in 2016 when 60 per cent of families threatened to leave the city, turns out they meant it!).

We think it's a safe bet to assume you're new here (most born here can't stay, nevermind the Musqueam, Squamish and Tsleil-Waututh First Nations who actually owned this land).

So here's one last tip: Avoid travel during rush hour, if you can. The public transit system is packed to the gills — no, no, we know you'd never use it! But everyone who used to live here now commutes from service-sector housing an hour away. The trains and buses often break down, but it's not your problem when you're not on them! So just drive one of your four cars outside the hours of 7 to 10 a.m. and 4 to 7 p.m., and you'll find Vancouver is the epitome of luxury living.

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Bachelorette Canada gets an after show with host Jennifer Valentyne

Dating and trying to stay positive

RELATIONSHIPS

The risks of sex with HIV have changed, stigma hasn't

Genna Buck
Metro Canada

People in treatment are living long and healthy lives with HIV and are unlikely to infect others. But fears of the virus persist. ISTOCK

After eight years of living with HIV, Jason Cole is used to rejection and ghosting. But it still stings. It happened most recently when Cole was chatting with someone on the same-sex dating app Grindr.

"It was a great conversation. And it got as far as the point where we were talking about meeting up. And I actually brought it up with him: 'Hey, have you had a chance to take a look at my profile? He said 'no'," said Cole, a writer from Brampton, Ont.

The profile is totally upfront. It says Cole is HIV-positive but undetectable: Thanks to antiretroviral treatment, the virus is under control and at very low levels in the blood.

"I didn't hear from him after that. He blocked me."

It wasn't the first time something like this happened. Like many people living with HIV, Cole faces a lot of stigma from potential partners, plus "ignorant" remarks like "How did you get it?" and "At least you don't have AIDS."

"Very few have been from a place of nastiness. It's from a place of fear," Cole said.

Those fears — and the stigma that comes with them — are out of step with reality.

Thanks to powerful new drugs, there's a vanishingly small risk of passing HIV to another person through sex if the virus is undetectable in the blood. If antiretroviral treatment is combined with condoms, the danger is close to zero.

You're far, far more likely to get it by having unprotected sex with someone who's in the highly contagious early stages of HIV infection, but doesn't know it yet.

This suggests that the tough HIV talk prior to sex shouldn't necessarily be "What's your HIV status?" But "When was your last HIV test?" and, if the person is negative, "Are you taking PrEP?"

Pre-exposure prophylaxis or PrEP, known under the brand-name drug Truvada, is a daily medication that dramatically reduces the risk of contracting HIV. (In Canada, it's not approved for HIV prevention, but many doctors will still prescribe it to people at high risk).

Paralyzing fears of having sex with HIV-positive people — no matter how safe it is — persist.

Public health messages about HIV prevention that try to scare people into safer sex contribute to the stigma, said Sarah Chown, executive director of YouthCO, which supports young people living with the virus in B.C.

> **We need to build a community that knows the truth about HIV.**
> Sarah Chown, executive director, YouthCO

And stigma, she said, is actually what's driving the epidemic.

"It makes it harder to access information. It makes it harder to talk to doctors and parents. And it makes it harder to disclose your status."

"Rejection hurts and it's awful," Chown said. "And it really hurts because we know people with HIV go to great lengths to avoid passing the virus to others."

Being open about your HIV status is not the only way to prevent infecting others, Chown explained. Using condoms, having a partner on PrEP, being undetectable and choosing not to have penetrative sex also work.

At YouthCO, young people practice disclosing their status with other HIV-positive peers first.

Some kids strategize by gradually telling their friends and potential partners various facts about HIV in the weeks leading up to the disclosure conversation, Chown said.

But the HIV-positive teenagers she's working with today are not having a "substantially different" experience than eight years ago when she started, she said.

"We need to build a community that knows the truth about HIV, and that is supportive and welcoming to people living with HIV."

HIV NUMBERS

0
In a study of 888 European couples with one HIV-positive partner in appropriate treatment, this was the number of new infections among the HIV-negative partners.

92%
The reduction in the risk of HIV infection among people taking pre-exposure prophylaxis (PrEP) medication as directed.

75,500
The approximate number of people living with HIV in Canada.

HEALTH TREND

Experts raise alarm over youth vaping

Parents and doctors questioning teens about whether they smoke should also be asking if they're using e-cigarettes, which could be a gateway to nicotine addiction later on, says a pediatrician who led a new study.

Dr. Michael Khoury's research involved nearly 2,300 students in Grade 9 in the Niagara region of Ontario. Over 10 per cent of them had used electronic cigarettes, said Khoury, though a national report funded by the Public Health Agency of Canada and released earlier this year suggested the rate of Grade 9 students who have tried e-cigarettes is even higher.

"The most common reason that three-quarters of them used it was to be cool, or it was fun and something new," Khoury said about his research. "That's really concerning because they're clearly not using them for what they're marketed as, which is as smoking cessation devices."

Khoury conducted the study while he was a pediatric cardiology resident at the Hospital for Sick Children in Toronto. It was published Monday in the Canadian Medical Association Journal.

E-cigarette use is now more common among adolescents than conventional cigarettes, but the practice that mimics the tactile experience of smoking could also renormalize it for youth who've grown up learning about its effects on health, said Khoury, who is currently completing his residency at Stollery Children's Hospital in Edmonton.

He noted that at least two previous American studies have concluded that youth who use e-cigarettes or "vape" are much more likely to smoke in the future.

E-cigarettes contain a battery, a heating element and a cartridge with a liquid solution that may or may not contain nicotine and other flavours such as cotton candy, peanut butter and jam. Puffing on the e-cigarette heats the solution, creating a smoke-free vapour that is inhaled.

In Canada, e-cigarettes and "e-juice" containing nicotine have not been approved for sale.

Most provinces have created legislation around the sale and marketing of e-cigarettes.

THE CANADIAN PRESS

E-cigarette use is now more common among adolescents than conventional cigarettes, creating concern among health officials as studies have concluded youth who 'vape' are much more likely to smoke in the future. ISTOCK

Getting fit with Fido

TREND

Your best workout bud could be curled up at your feet

Toronto resident Catherine Cameron and Daisy are fitness buddies. They run together a few times a week, and depending on the season, they'll be out snowshoeing or hiking or canoeing. Sometimes, they even do yoga together — although Daisy doesn't know any moves beyond "downward-facing dog," because, well, she is a dog.

Like many dog owners, Cameron has found exercising with her four-legged companion is an essential part of her fitness routine. What began as regular dog

walks turned into jogging and running with Daisy, says Cameron, who is the president of Cameron Communications.

Eventually, the almost 8-year-old golden retriever started vacationing with the family, be it in Florida or Muskoka. "She became the third kid in the lake," Cameron says.

On a regular basis, the sheer number of walks Daisy requires — three to four every day — means Cameron is always on the go.

"I get an hour and a half of exercise every day, outdoors, all weather, that I probably wouldn't otherwise get," she says.

Having a dog can definitely be a health boost, research shows. One study from the University of Missouri-Columbia found walking a dog on a regular, long-term basis leads to weight loss — an average of 14 pounds for a group of dog walkers over a 50-week period, the study found — and encourages people to walk for longer periods of time in their daily life.

Catherine Cameron works out regularly with her dog Daisy. TORSTAR NEWS SERVICE

It's also one of the top ways to meet new people, according to research at the University of Western Australia, which found the benefits of dog walking include an increase in physical activity and a stronger sense of community.

So how can dog owners incorporate their pooch in a broader fitness routine? Cameron, who spent 25 years working as a fitness instructor, and Jt Clough, a San Diego-based dog lifestyle coach and author of 5K Training Guide: Running with Dogs, offered a few pointers.

Ramp up gradually

Going from regular walks to runs with a dog makes sense, but you need to start slowly. "You can't expect a dog who's not a runner to suddenly run great distances or high speed — having realistic expectations is important," says Cameron. Clough says dog owners often make the mistake of doing too much at the beginning, then get frustrated when their dog can't handle it. It's best to start with consistent walking, then move that into a run or integrate running portions into regular walks, she says.

Keep your dog's needs in mind

"It's really important to consider your pet's needs when you're exercising," says Cameron. When she and Daisy run together, it's at a slower pace than when Cameron runs alone — and she keeps an extra water bottle for her running buddy in her water belt. "If she's overheated, a run turns into a brisk walk," Cameron says.

The age of your dog is also important, notes Clough. Puppies shouldn't run on hard surfaces until they're at least a year old — it can cause damage to their bones, she says — while older dogs often start to get sore and begin slowing down.

Think outside the box

Cameron has incorporated Daisy into many activities, from family hikes to canoe trips, which keep them both outside and active.

Even yoga can be fun with a dog, Clough says, since you can train your pooch to do a few stretches with you. Aside from the fitness boost, it also encourages your dog to be in a calm state, she says.

And if you're doing a dog-specific outing — like playing fetch or hitting the dog park — why not incorporate your own workout into the mix? "Instead of just standing there and throwing the ball, you can run while your dog is getting the ball, or stretch — any kind of movement," says Clough.

TORSTAR NEWS SERVICE

CAT CALISTHENICS

Model shares his kitty workout on Instagram

Not a dog lover? More a fan of the feline? Canadian model and actor Travis Deslaurier can show you how to get in some shred time using your cat as a hand weight. He and his pal Jacob The Cat post videos on Instagram where he uses Jacob as a weight to do things like bicep curls and shoulder press.

LIZ BROWN/METRO

Travis Deslaurier. INSTAGRAM: @TRAVBEACHBOY

JOHANNA SCHNELLER
WHAT I'M WATCHING

Sex & drugs & terrific dialogue

Denis Leary plays for laughs as Johnny Rock. CONTRIBUTED

THE SHOW: Sex&Drugs&Rock& Roll, Season 2, Episode 1 (FX)
THE MOMENT: Quoting Sammy Hagar

Johnny Rock (Denis Leary), a former guitar god now playing bar gigs, just learned his girlfriend had a year-long affair with his best friend. His drummer Bam Bam (Robert Kelly) consoles him. Sort of.

"Do you know how many chicks out there would love to hook up with me?" Johnny asks.

"None, dude," Bam Bam replies. Johnny gives him a look.

"Yesterday is dead and gone," Bam Bam continues. "Tomorrow, there's no guarantees. Right now is all you got. Right now. It's everything."

A beat of silence. "Are you quoting Sammy Hagar to me?" Johnny asks.

"Am I?" Bam Bam says, shocked. "I am. Van Hagar. I love that guy."

"Bro, we're getting old," Johnny says. "Time's a b—, counting out numbers, both of us know we ain't getting no younger."

"Springsteen," sighs Bam Bam.

"No!" Johnny yells. "Right now you might need an Alzheimer's test."

"How the hell do you, who's killed so many brain cells, know more lyrics than me?" Bam Bam asks.

"Because I'm a lead singer, OK?" Johnny says. "I could be in a coma and still sing Side One of London Calling."

I don't care how hideous Leary's rock wig is here, he just makes me laugh.

He creates shows (this, plus Sirens and Rescue Me) that are alive with naturalistic, overlapping dialogue, delivered at a speed and a level of sarcasm that sustains the funny.

Only he could combine sexual jealousy, fear of aging, and love for Van Halen-era Sammy Hagar in seamless, wholly believable, screed.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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3	6	5	7	2	8	1	9	4
9	8	4	3	6	1	7	2	5
2	9	3	4	8	7	5	6	1
7	1	6	9	5	2	4	8	3
4	5	8	6	1	3	9	7	2

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HEALTH BRIEFS

Violent media linked to aggression in children

A new report from the American Academy of Pediatrics raises the alarm about children's "media diets." The report says, "A sizable majority of media researchers both in pediatrics and psychology believe existing data show a significant link between virtual violence and aggression."

It recommends parents shield kids under six from all violent media.

GENNA BUCK/METRO

Pill organizers may cause problems for elderly

Thinking about having an elderly loved one switch to a pill organizer? Be cautious, suggests a new British study: Using one of those Monday-to-Sunday pillboxes is associated with an increased risk of adverse events. Researchers suggested doctors tend to prescribe higher doses to forgetful older patients. Pill organizers did help people remember — resulting in higher doses and more side effects. GENNA BUCK/METRO

LEARNING CURVE

Join the club – it will spark friendships and fresh ideas

ISTOCK

Life as a college or university student should never be all work and no play. Finding the right balance between downtime, hobbies and study can be tricky but intertwining clubs into your post secondary life can also be very enjoyable when you consider the variety of extracurricular activities available at campuses around the country. Joining a club may even result in you stumbling upon your true calling in life. Most colleges and universities offer a broad range of clubs. These groups may offer something light and enjoyable if you want to switch off and have fun but some also deal with important social and lifestyle issues.

"I sought out extracurricular groups and clubs because it was an interesting way to make new friends and even add value to my degree," says Jason Garcia, vice president of student life at the student association of Edmonton's Macewan University. "Another way students get interested is if the club or group is linked to their studies as we have many business groups on campus or if the club is tied in with helping others and volunteering."

If you choose to shun post secondary extracurricular clubs you could be depriving yourself of a better and more diverse resume when life in the workplace rolls around. Additionally, you may not be fully connected with what's going on at your college or university. Not only that but becoming a member of groups also gives you a better idea of where your true passions and strengths lie. Most of all though you will miss out on the sense of community on campus that clubs and groups provide. "Social justice is another popular field for students and at MacEwan there is a sexual health club, a feminist group and an LGBTQ group," Garcia continues. "In joining a student group you are able to build on relationships with people who have similar interests who are striving to make meaningful connections with people. Whether it's for the sake of volunteering or if they study the same thing you do or if you have the same goals. MacEwan has over 90 clubs and I tell new students that getting involved will add a whole new perspective to their time in university."

CONTRIBUTED

Find your career niche as a medical office assistant

There's a growing need for education in B.C. The province's population is aging and there's evermore demand for talented medical staff throughout the province.

One in-demand career that's often overlooked is that of a medical office assistant.

Someone in this essential job provides support to the inner workings of any medical care facility — including emergency rooms and medical offices of general practitioners or other specialized doctors.

Excellent office skills are imperative. That includes proficiency in Microsoft Office applications, as well as specialized medical software for medical transcription, record keeping and billing.

A medical office assistant needs to know how to provide their team with reliable, up-to-date records, and how to provide their patients with efficient, caring service.

In fact, health care communication and interpersonal skills are key to providing service in a medical context.

Basic medical knowledge is valuable too, including pharmacology, clinical procedures, human anatomy and diseases. This can be learned at a reputable specialty education program.

The career is well-paid and rewarding. Medical secretaries in B.C. can earn up a median wage of $21.63 an hour.

If you're interested in this career, the Medical Office Assistant program at Vancouver Career College is a great place to start.

Find out more about the program at Vancouver Career College online at study.vccollege.ca, or by phone at 1-800-993-4086.

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English skills aid integration

JEFF VINNICK IMAGES

Vancouver's Columbia College is a liberal arts school that provides university transfer courses, arts and science associate degrees, and a university preparatory foundations program. But, says the dean of its English Language Centre (ELC), the institution also boasts one of the longest established English language instruction programs in the city.

"We have two programs: English for academic purposes (EAP) and general English," says Ginny Chien. "With EAP, students receive individualized attention from a dedicated team of highly experienced and qualified instructors who have developed a comprehensive curriculum specifically for improving academic English skills before moving onto a college-level program."

Columbia's EAP program consists of five levels, with each taking approximately 14 weeks to complete. Students are placed in the appropriate level after a language placement test.

"It is our priority to provide a communicative environment where students are encouraged to actively participate in various in-class activities as well as research projects and field trips outside of class," says Chien.

Columbia's commitment to improving English skills and helping students further their education recently resulted in the launch of the Syrian Bursary program, which is currently providing opportunities for 10 Syrian refugees, seven of whom are studying in the ELC.

"We want to make these refugees feel welcomed in this beautiful city," says Chien. "We have successfully integrated them with our current student body, and the instructors and students have been impressed with their eagerness to achieve academically."

CONTRIBUTED

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According to a poll released in June, nursing is the most respected profession in Canada. And it's no wonder. They provide highly specialized, culturally sensitive care for patients. It's tailored to every person, because every patient is different.

Practical nurses need to adapt to many different settings, and must be able to work closely with many different people on a daily basis, including doctors, surgeons, other nurses, and additional health care professionals.

Nursing settings you might work in may vary greatly too, including long-term care facilities, doctors' offices, hospitals, schools and more.

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Get the most out of your final post secondary year

So you've studied hard and progressed through your college or university course the best you can. The final hurdle awaits and at the end of it is the qualification you seek to allow you to compete and earn within your chosen field in the workplace.

Your last year in post secondary however throws up certain dilemmas.

Yes, you want to work hard to ensure you have the best possible chance of achieving your occupational goal but you may also want to savour the time you have left before entering into an indefinite amount of time working a job.

The years leading up to this were spent making great friends and acquaintances and the subsidized, super active party life of a student can be a hard thing to let go of.

Begin with the basics. Just get your work done and do it well but allow yourself an occasional party to enjoy time with friends and network for the future with fellow students.

Keeping up an extracurricular club on the side will also be of benefit to you as a gauge of what you're interested in or as a distraction from study.

It's a balancing act but if you are responsible and manage your time well it should be easy to pull off.

"It's important to start off by having a conversation with yourself and really thinking deeply about what you are most passionate about and what you truly enjoy doing," says Ava Nasiri, president of Alma Mater Society (student union) at UBC Vancouver. "To have a meaningful final year is about finding out what you're interested in, going after it and leaving your mark."

Research is also crucial as the end of your post secondary experience draws to a close so finding out what potential employers are looking for will only help your cause when you walk out the campus gates in search of a job.

ISTOCK

Work experience is probably the best method of research so contact employers and ask for a few days work or a mini internship as these will provide you with a taste of lies ahead.

Alternatively, a club or group linked to your studies may also provide some of the knowledge you require.

"Networking may also help you to secure work for after you graduate," Nasiri continues.

"And you can also organize a grad trip along with your classmates and friends to guarantee a special send off. It's different for everyone."

CONTRIBUTED

PREPARING EDUCATORS FOR THE DIGITAL AGE

Today's kindergarten to Grade 12 educators must increasingly be able to choose, use and know how to integrate the best technological options into their classrooms and curricula.

In response, the New York Institute of Technology's (NYIT) Vancouver campus is offering a master of science in instructional technology program with a stream for educators, which prepares them for the digital age.

"This program puts educators on the cutting edge of technology," says the program's chair, Sarah McPherson, who is based in New York.

"They develop skills in using the latest media and learn to adapt and apply appropriate technologies to enhance teaching, but they also learn to provide support, coaching and mentoring to other educators in their school."

Taking two years or less to complete, the program is delivered in a blended online and in-class format, which allows for a hands-on and practical approach.

A fully online model is also available to ensure flexibility.

Both delivery methods were designed to be congruent with B.C.'s education policies and priorities while recognizing that students must also be trained to be employable elsewhere in Canada or globally.

"It's a research to practice kind of program so there are lots of projects," says McPherson. "And it is also the only graduate program of its kind that offers a practicum for educators."

NYIT's master of science in instructional technology also has a stream for professional trainers, which focuses on adult learning theories.

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Program	Campus
English as an additional language Tuesday, June 7, 10:30 a.m. – room 3600	Broadway
Interior design Tuesday, July 19, 4 p.m. – room 718	Downtown
English as an additional language Tuesday, July 19, 10:30 a.m. – room 3600	Broadway
Administrative assistant Monday, July 25, 4 p.m. – room 622	Downtown
Legal administrative assistant Monday, July 25, 5 p.m. – room 622	Downtown
Access to careers and education Wednesday, July 27, 11 a.m. – room 236	Downtown
Samsung appliance repair technician Wednesday, July 27, 6 p.m. – room 1227	Broadway
Hair design and Skin & body therapy (esthetics) Wednesday, July 27, 3:30 p.m. – room 201	Downtown

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

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A design by recent VCC fashion graduate Jie Wei (Sherry) Chen. CONTRIBUTED

This fashion program is getting a makeover

To ensure students meets the demands of a changing fashion industry, this September Vancouver Community College will offer a revamped version of its fashion design and production diploma program.

"The old way of thinking about education is foundations first and only at the end applying your knowledge," says program coordinator Andrea Korens. "We've found that learning in context really helps students so we've redesigned the program in a way that sees them applying the fundamental skills they are learning from Day 1 through a series of five fashion cycles that allows them to experience a fast-paced production process, from design conception to sale."

The new delivery means that in their first year, students work on projects of increasing difficulty as they acquire new skills.

In the second year, meanwhile, students use their fashion cycle experiences and foundational skills to complete a self-directed garment project. They also take part in a practicum that allows them to apply their knowledge in a real world setting.

"The 120-hour practicum is not their first experience with the industry," says Korens. "Students, for example, interview someone from the industry in the first year and also work with a patternmaker so when they go on their practicum they aren't intimidated. We work with companies and ensure it is a mutually beneficial arrangement for them and for our students."

The new offering was constructed over the last year and a half and is the result of five years of research and development, says Korens, with insight from the program's advisory committee, past graduates, faculty members and the industry.

It also puts a spotlight on critical reflection, illustration and design, business and marketing as well as hot fashion industry topics such as sustainability and costing.

"A fashion diploma has so many different topics so we want our students to have that big picture and the ability launch themselves in a direction of their choice," says Korens. "When you understand how all the pieces work together, it makes you a much better employer and employee. It's really about learning all those skills and applying them in context to see how they work together."

metro SPORTS

"I spent a lot of time here on vacation ... I like Canada a lot": Manager Zinedine Zidane, whose Real Madrid worked out in Montreal on Monday

WADA calls for ban on Russia

OLYMPICS

Scathing report outlines how samples were tampered with

A scathing report detailing a complex system of widespread, state-sponsored doping in Russia — a scheme that included government officials tampering with hundreds of positive samples — has led the World Anti-Doping Association to call for the country's outright ban at next month's Rio Olympics.

An independent inquiry headed by Canadian lawyer Richard McLaren alleges a plan to make positive tests in some 30 sports "disappear" was in force in Russia at least from late 2011 to August 2015.

While Monday's report makes no recommendations for any discipline against Russia, saying that is not its mandate, the WADA executive board called on the International Olympic Committee to ban all Russian teams from Rio. WADA also wants Russian government officials to be denied access to international competitions, including the upcoming Games.

The IOC executive is to meet via conference call Tuesday to make that decision, which president Thomas Bach said could include "provisional measures and sanctions with regard to the Olympic Games Rio 2016."

30

The report found evidence of doping in 30 sports, led by track and field and weightlifting.

He said in a statement that the report showed "a shocking and unprecedented attack on the integrity of sport," and that it "will not hesitate to take the toughest sanctions available against any individual or organization implicated."

The Russian athletics team is already provisionally banned from the Rio Games based on an earlier WADA investigation, although Russia has launched an appeal.

The report backed up the findings of reports from the New York Times and CBS news in the past year on government-aided doping in Russia. It placed the now-decertified Moscow drug-testing lab at the centre of a system it called Disappearing Positive Methodology, in which lab employees were required to participate.

Urine samples taken at sports events would be referred to the Russian sports ministry where they would be labelled either "save" or "quarantine." The quarantined samples would go through normal testing and be registered with WADA. The saved ones, most of them showing positive results for banned substances, would be substituted with clean samples.

Of 577 samples, 312 were marked "save."

The 2014 Winter Games took it to another level. With doping officials from other countries also working in the Sochi lab, Russia involved its security service, the replacement of the Soviet KGB.

The report said athletes' samples passed through a hole in a lab wall to agents, who found a way to open the tamper-proof bottles, pour in clean urine taken previously from the same athletes, and pass them back into the lab. THE CANADIAN PRESS

TOUR DE FRANCE SAGAN WINS SPRINT TO THE FINISH LINE Peter Sagan, middle, thrusts his bike across the finish line to win the 16th stage of the Tour de France in a photo finish in Bern, Switzerland, on Monday. Alexander Kristoff, right, was a close second while Chris Froome, not pictured, held on to the yellow jersey entering the second and final rest day. The victory was Sagan's third of the Tour. PETER KLAUNZER/KEYSTONE/THE ASSOCIATED PRESS

"Can you imagine if CSIS was involved in trying to win a water polo tournament, how ridiculous it would seem in Canada? Don't they have better things to do? Kayaker Adam van Koeverden

IN BRIEF

Scout receives prison sentence for hacking

A federal judge sentenced Christopher Correa, former scouting director of the St. Louis Cardinals, to 46 months in prison Monday for hacking the Houston Astros' player personnel database and email system in an unusual case of high-tech cheating involving two Major League Baseball clubs. THE ASSOCIATED PRESS

Foster's comeback trail travels through Miami

Four-time Pro Bowl running back Arian Foster took a big step Monday in his comeback from a torn Achilles tendon. He found a team.

Foster agreed to terms on a one-year deal with the Miami Dolphins, agent Michael McCartney confirmed on his Twitter account. THE ASSOCIATED PRESS

Sens, Rangers swap centres

The New York Rangers traded Derick Brassard to the Ottawa Senators for Mika Zibanejad in a deal involving players coming off career seasons.

The Rangers also will receive the Senators' second-round draft pick in 2018. Ottawa will get the Rangers' seventh-round pick that year. THE ASSOCIATED PRESS

Pardew's lookin' at you kid

CLUB FRIENDLY

Premier League manager curious about Caps' Davies

Clubs from Europe's top leagues have made a habit of coming to North America on pre-season tours in recent years.

The goal is to bond as a group, get in shape and connect with fans.

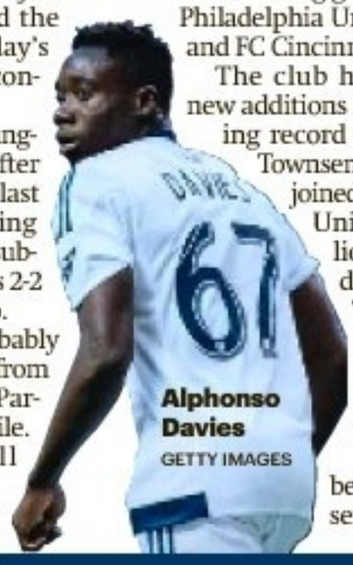
But every so often there's also a player on the other side the visitors are keen to see.

For Crystal Palace manager Alan Pardew, whose team will take on the Vancouver Whitecaps in a friendly Tuesday, it's 15-year-old midfielder Alphonso Davies.

"Stay away," Whitecaps head coach Carl Robinson joked after Pardew referenced the teenager in Monday's pre-match press conference.

Davies is the youngest player in MLS after signing a contract last week before making his full debut as a substitute in Saturday's 2-2 draw with Orlando.

"I think he's probably going to be hidden from me somewhere," Pardew said with a smile. "Hopefully he'll emerge."


Alphonso Davies GETTY IMAGES

Palace, which finished 15th in the English Premier League in 2015-16, is wrapping up its tour of North America following games against the Philadelphia Union of the MLS and FC Cincinnati of the NASL.

The club has a couple of new additions in camp, including record signing Andros Townsend, a winger who joined from Newcastle United for 13 million pounds, and defender James Tomkins, recently added from West Ham United for 10 million pounds.

"Certainly I'll be playing a lot of senior players and a lot of our better players," Pardew said of his plans for Tuesday. "For us, it's a tough exercise, but we're looking forward to it."

While Palace is still prepping for its season, the Whitecaps are in the middle of their campaign. Exhibition games can be a headache for coaches and players, especially with the busy MLS schedule, but Robinson said it's an event that should be embraced.

"These guys get to watch, very early on Saturday mornings, these players play in the Premier League," said Robinson, whose squad makes a fraction of the salary paid out to Palace's roster. "To be able to step on the field against them and show what they can do is every young player's dream." THE CANADIAN PRESS

Manager Alan Pardew watches Crystal Palace during Saturday's 2-0 win over FC Cincinnati. KIRK IRWIN/GETTY IMAGES

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RECIPE Easy Shrimp Tacos

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The combination of textures creates a party on your dinner plate.

Ready in
Prep time: 30 minutes
Total Time: 40 minutes
Serves: 4

Ingredients
- 1 lb peeled, deveined shrimp
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas
- 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream
- 2 Tbsp lime juice
- A good pinch of salt
- Sliced radishes, avocado

Directions

1. Peel and devein shrimp and rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and toss in shrimp. Refrigerate for 15 minutes.

2. Preheat oven to 200 degrees. Wrap tortillas in damp paper towel, place in oven. Slice the cabbage and toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. In a small bowl, mix the sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema.

3. Heat a skillet to high, add a little olive oil. Add half of the shrimp. Cook until you see pink around the edges. Flip them over and cook for a couple minutes until shrimp are pink and opaque. Repeat with second batch.

4. Place shrimp, crema, tortillas, cilantro, salsa, sliced radishes and avocado on table and let people build their own tacos.

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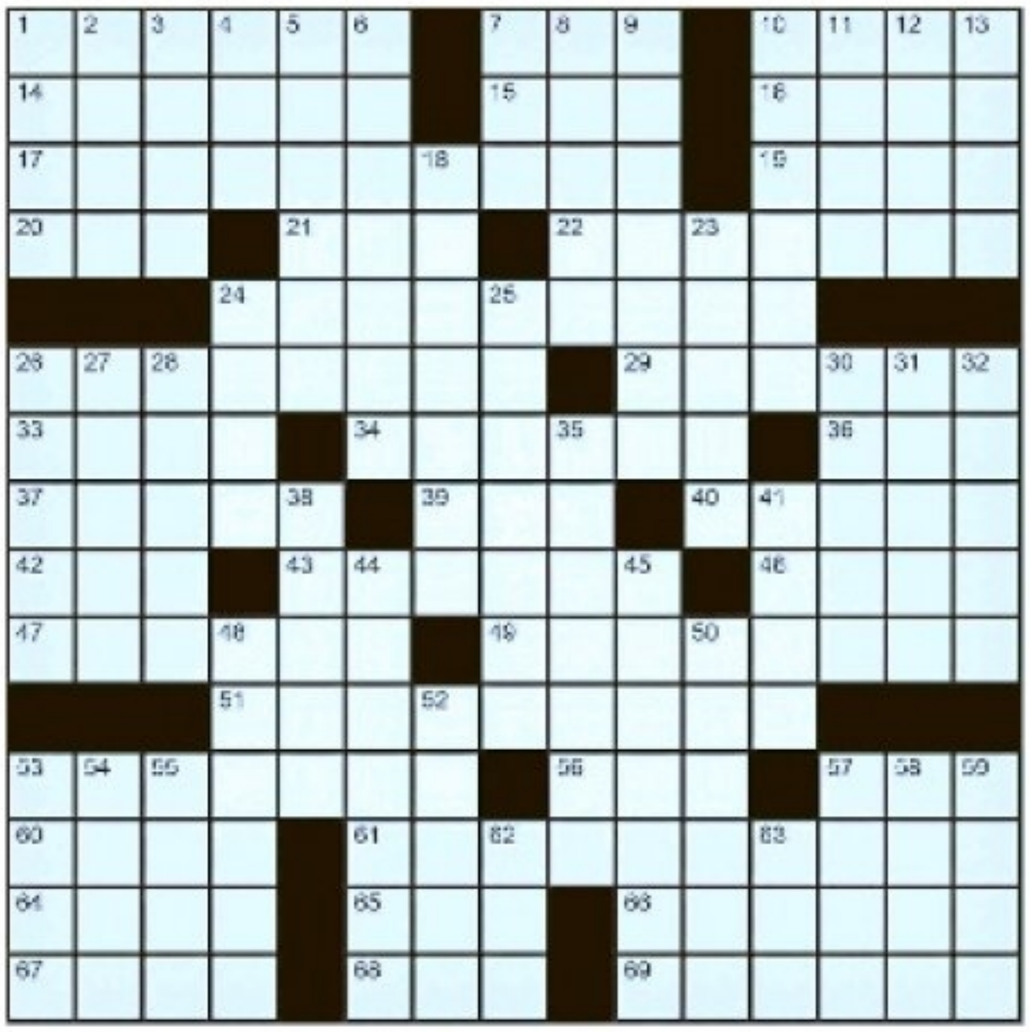
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Fortify food
7. Egyptian _ (Cat breed)
10. RBI, e.g.
14. German author of The Sorrows of Young Werther
15. Dada artist Jean
16. "Enid" songwriters, _-Robertson
17. Ancient-style sandals
19. Doorway sign
20. Roman sun deity
21. _-washed jeans
22. Niagara-on-the-Lake export: 2 wds.
24. Canadian fashion label launched in 2014: 3 wds.
26. Carmen aria
29. Ground-to-roof contraption
33. Macy Gray hit: 2 wds.
34. Sounds
36. Fruity beverage
37. "Good _!" - Charlie Brown
39. 'Motor' suffix
40. RCMP ride
42. Mr. Bellows, Canadian star
43. Rik _, Toronto-born member of "Lay It on the Line" band Triumph
46. 25th spelled-out letters
47. 1892 Montreal-founded tea
49. Canadian painter, Jean Paul _ (b.1923 - d.2002)
51. Menu item: 2 wds.
53. Uniquely-titled 1995 adventure movie starring Robin Williams
56. CFL feats
57. Queen guitarist Brian
60. 1967: "Get _ _" by The Esquires
61. Hockey book by former Prime Minister Stephen Harper: 3 wds.
64. Nero's 402
65. "Evita" (1996) role
66. Render a rant: 2 wds.
67. 1990s nu-metal band
68. "The War of the Roses" (1989) leading lady ...her initials-sharers
69. Beau and Jeff's dad, and namesakes

DOWN
1. Bad _ (Putrid people)
2. _ contendere (Court plea)
3. Actual
4. "_ be an honour."
5. Contribute: 2 wds.
6. Boost/uplift
7. Psychedelic jacket
8. Antiperspirant brand
9. High-end
10. Released the volcanic lava
11. Andy Kaufman sitcom
12. Opposin'
13. Head: French
18. The _ Capital of British Columbia (Nickname for Victoria)
23. Internet money
24. Showbiz star Danny
25. Hammer-with-prop workers
26. _ Boson, 'The God Particle'
27. Glass-ceiling lobbies
28. _ Building (NYC's songwriting landmark)
30. Ms. Hannah
31. Bygone car named after Henry Ford's son
32. Ms. Witherspoon
35. Satisfy with sustenance
38. Placed, as paper to the shredder: 2 wds.
41. Needed to pay back
44. Canadian brand of 'Premium Apple Lager': 2 wds.
45. Revealed everything: 2 wds.
48. Neat _ _ _ (Tidy)
50. Delicate watercolour
52. "_ Is Enough"
53. Athlete, in slang
54. Reverse
55. Alaska's famous Glacier
57. Jesus' mom
58. During
59. Sures, informally
62. _ judicata (Settled court matter)
63. '60s lettered car

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a tricky day indeed. Be very careful about your relationships with authority figures — bosses, parents, teachers, VIPs and the police. Be courteous. (Don't quit your day job.)

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today. Meanwhile, expect travel plans to be canceled, changed or rescheduled.

Gemini May 22 - June 21
Double-check your bank accounts and expect sudden changes or errors in matters related to inheritances, shared property, insurance issues and debt. Nothing is reliable today.

Cancer June 22 - July 23
Today the only Full Moon opposite your sign all year is taking place. This is just one reason you might be at sixes and sevens when dealing with partners and close friends. Patience.

Leo July 24 - Aug. 23
Matters at work will not go smoothly today, which means you have to be patient with co-workers. Avoid power struggles; just go with the flow.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your children or children you work with. Therefore, you must be vigilant. (Romantic partners must be patient with each other as well.)

Libra Sept. 24 - Oct. 23
Your home routine will be interrupted today. Do what you can to avoid domestic arguments. Small appliances might break down. Expect the unexpected.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Be careful and think before you speak.

Sagittarius Nov. 23 - Dec. 21
Financial matters are unpredictable today. You might find money; you might lose money. If shopping, count your change, save your receipts and check your bill.

Capricorn Dec. 22 - Jan. 20
Today the only Full Moon all year that is in your sign is happening. This can make relations with partners and close friends upsetting and too emotional. Easy does it.

Aquarius Jan. 21 - Feb. 19
Expect changes at work and in your daily routine. Even your health might cause you concern. (Things will be more normal in 48 hours.)

Pisces
Feb. 20 - March 20
A friend might shock you or do something unexpected today. Alternatively, you might meet someone who is a real character. Be careful dealing with others today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5		6		7		9	
8								1
	3						4	
	9		2		1		6	
	1						5	
	2		8		5		3	
	6						1	
3								9
	4		5		6		8	

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